

food
network

 100%
HEALTH SCORE

Pork and Cabbage Pockets: Bracciole di Maiale



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch chili flakes
- ☐ 1 teaspoon fennel seeds
- ☐ 0.3 bunch flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 onions spanish sliced thin
- ☐ 4 servings parsley chopped for garnish

- ☐ 1 pound pork loin cut into 4 uniform pieces, then pounded to form large flat pieces
- ☐ 4 servings salt and pepper
- ☐ 2 pounds cavolo nero black cabbage
- ☐ 1 cup vernaccia dry white

Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Bring 6 quarts water to a rolling boil and add 2 tablespoons salt.
- ☐ Cut the cabbage into 2-inch ribbons.
- ☐ Add the cabbage to the boiling water and cook until tender, about 6 minutes.
- ☐ Drain well and set aside to cool.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over a medium-high flame until hot but not smoking.
- ☐ Add the onions and garlic and cook until soft about 5 minutes.
- ☐ Add parsley, fennel seeds,cooked cabbage and chili flakes, then toss to mix and remove from heat.
- ☐ Lay the pork pieces out flat on a board and season well with salt. Divide the cabbage mixture over the 4 pieces and fold the pieces across to create a pocket, close and secure with toothpicks.
- ☐ Heat 4 tablespoons extra-virgin olive oil in another 12 to 14-inch saute pan over medium heat.
- ☐ Place the pork pockets in the pan and cook until golden brown on both sides.
- ☐ Add the wine, lower the heat to medium-low and simmer 10 minutes.
- ☐ Remove the pork to a plate, swirl the remaining olive oil into the pan, add chopped parsley to the liquid, pour over the pockets and serve.

Nutrition Facts



 **PROTEIN 32.75%**  **FAT 49.45%**  **CARBS 17.8%**

Properties

Glycemic Index:42, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:44.78695689077%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 56.28mg, Isorhamnetin: 56.28mg, Isorhamnetin: 56.28mg, Isorhamnetin: 56.28mg Kaempferol: 106.62mg, Kaempferol: 106.62mg, Kaempferol: 106.62mg, Kaempferol: 106.62mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 62.45mg, Quercetin: 62.45mg, Quercetin: 62.45mg, Quercetin: 62.45mg

Nutrients (% of daily need)

Calories: 430.78kcal (21.54%), Fat: 22.18g (34.13%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 7.25g (2.64%), Sugar: 4.8g (5.34%), Cholesterol: 71.44mg (23.81%), Sodium: 380.38mg (16.54%), Alcohol: 6.18g (100%), Alcohol %: 1.63% (100%), Protein: 33.06g (66.12%), Vitamin K: 1017.47µg (969.02%), Vitamin A: 23303.33IU (466.07%), Vitamin C: 226.53mg (274.58%), Manganese: 1.71mg (85.72%), Vitamin B6: 1.31mg (65.69%), Calcium: 619.26mg (61.93%), Vitamin B2: 1.03mg (60.82%), Vitamin B1: 0.8mg (53.24%), Selenium: 34.01µg (48.59%), Vitamin B3: 9.46mg (47.31%), Fiber: 10.72g (42.89%), Phosphorus: 415.82mg (41.58%), Folate: 163.21µg (40.8%), Potassium: 1393.31mg (39.81%), Magnesium: 121.95mg (30.49%), Iron: 5.19mg (28.83%), Vitamin E: 3.74mg (24.92%), Zinc: 3.21mg (21.4%), Vitamin B5: 1.19mg (11.85%), Copper: 0.23mg (11.57%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 0.45µg (3.02%)